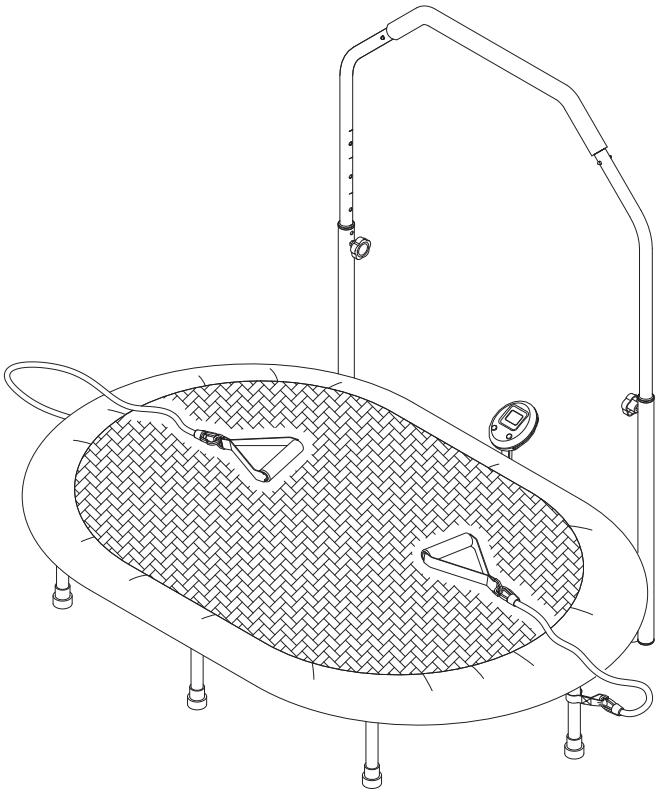
Oval Jogger

Owner's Manual

Assembly, Installation, Care, Maintenance, and Use Instructions.

⚠ WARNING **Read these materials prior to assembling and using this trampoline.**



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

⚠ WARNING

1. **DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.**
2. **Do not allow more than one person on the trampoline.**
3. **Always use two or more strong people to unfold and fold the trampoline. When unfolding, the rails will try to spring back into the folded position. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE.**
4. **Use trampoline only with mature knowledgeable supervision.**
5. **Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.**
6. **If you feel faint or dizzy, immediately discontinue use of this equipment.**
7. **Keep others and pets away from equipment when in use.**
8. **Always make sure all parts are securely tightened prior to each use.**
9. **Weight on this trampoline should not exceed 250 lbs.**
10. **This trampoline is not recommended for children.**

Serious bodily injury or death can occur if the above warnings are not followed or if this equipment is not assembled and used according to all instructions.

This Product is Distributed Exclusively by

2040 N. ALLIANCE, SPRINGFIELD, MO 65803
Customer Service
1 (800) 375-7520

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2013, 09

When calling for parts or service, please specify the following model number:

35-1699A

United States and/or International patents apply and/or are pending.

MADE IN CHINA

www.ActiveForever.com | sales@activeforever.com
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Call Us First

STAMINA® PRODUCTS, INC.

Customer Service
1 (800) 375-7520

THANK YOU FOR PURCHASING THE STAMINA® Oval Jogger

To enact your warranty, please register your product by going to register. staminaproducts. com

Simply follow the assembly and safety instructions in this manual and you will soon be starting your **STAMINA® Oval Jogger** exercise program and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number, 1 (800) 375-7520, Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time. Friday, 8:00 A.M. - 3:00 P.M., Central Time.

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SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ WARNING **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the STAMINA® Oval Jogger.**

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. **When unfolding or folding the trampoline, the rails will try to spring into the folded position.**
4. **Always use two or more strong people to unfold or fold the STAMINA® Oval Jogger. Failure to use two or more strong people may allow the rails to spring back into the folded position and strike someone which can cause serious bodily injury or death.**
5. **The STAMINA® Oval Jogger is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in minor or moderate injury.**
6. All purchasers and all persons using the **STAMINA® Oval Jogger** must become familiar with the manufacturer's recommendations for proper assembly, use and care of the **STAMINA® Oval Jogger,** as well as being alert to the performer's own limitations in the execution of trampoline skills. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the **STAMINA® Oval Jogger.** Make sure that it is properly assembled and tightened before use.
7. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
8. Place the **STAMINA® Oval Jogger** on a level surface before use.
9. Use the **STAMINA® Oval Jogger** in a well lighted area. Artificial illumination may be required for indoor or shady areas.
10. Do not place the **STAMINA® Oval Jogger** on an elevated surface. The **STAMINA® Oval Jogger** should be at floor level or ground level.
11. Inspect your **STAMINA® Oval Jogger** before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
12. Make sure the floor or ground around the **STAMINA® Oval Jogger** is clear of all objects that may cause injury if you step on them when dismounting.
13. Adequate overhead clearance is essential. Provide adequate clearance for ceilings, ceiling lights, ceiling fans, wires and tree limbs. Failure to provide adequate head clearance can result in head or neck injury. A minimum of 24 feet is recommended for outdoor trampolines.
14. Inspect the Resistance Tubes(26) for nicks and cuts before each use. Do not use tubes that are nicked or cut.
15. Do not allow children to use the **STAMINA® Oval Jogger.** The **STAMINA® Oval Jogger** is not a toy, it is for use by adults only. Use the trampoline only with mature knowledgeable supervision.
    NOTE: The **TRAMPOLINE USE INSTRUCTIONS** sign is a standard sign that is supplied to comply with **ASTM F381.** This sign indicates that trampolines are suitable for use by children over six years of age. However, the **STAMINA® Oval Jogger** is not recommended for children of any age.
16. Lateral clearance is essential. Place the **STAMINA® Oval Jogger** away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
17. Keep small children and pets away from the **STAMINA® Oval Jogger** at all times including use and assembly of the **STAMINA® Oval Jogger.**
18. The weight limit on the **STAMINA® Oval Jogger** is 250 pounds.
19. Do not use the **STAMINA® Oval Jogger** with socks only. Good traction is very important when mounting, using, and dismounting the **STAMINA® Oval Jogger.** Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
20. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **STAMINA® Oval Jogger.**
21. The **STAMINA® Oval Jogger** should be used by only one person at a time.
22. Remove any obstructions from beneath the **STAMINA® Oval Jogger.**
23. The surface of the bed should be dry.
24. Be careful to maintain your balance when mounting, using, dismounting, or assembling the **STAMINA® Oval Jogger.** Loss of balance may result in a fall and serious bodily injury.
25. Do not step on the safety pad when mounting, using or dismounting the **STAMINA® Oval Jogger.**
26. Do not attempt any gymnastic or acrobatic maneuvers on the **STAMINA® Oval Jogger.**
27. Stop exercising before attempting to dismount the **STAMINA® Oval Jogger.** To avoid sprains and broken bones, come to a complete stop before dismounting.
28. Use the **STAMINA® Oval Jogger** only as described in this manual.
29. Always store the **STAMINA® Oval Jogger** indoors in a dry place.
30. Secure the **STAMINA® Oval Jogger** against unauthorized and unsupervised use.
31. Remove the safety pad before folding the **STAMINA® Oval Jogger** for storage. Failure to remove the safety pad before folding will result in damage to the safety pad.

BEFORE YOU BEGIN

Thank you for choosing the **STAMINA® Oval Jogger.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **STAMINA® Oval Jogger** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

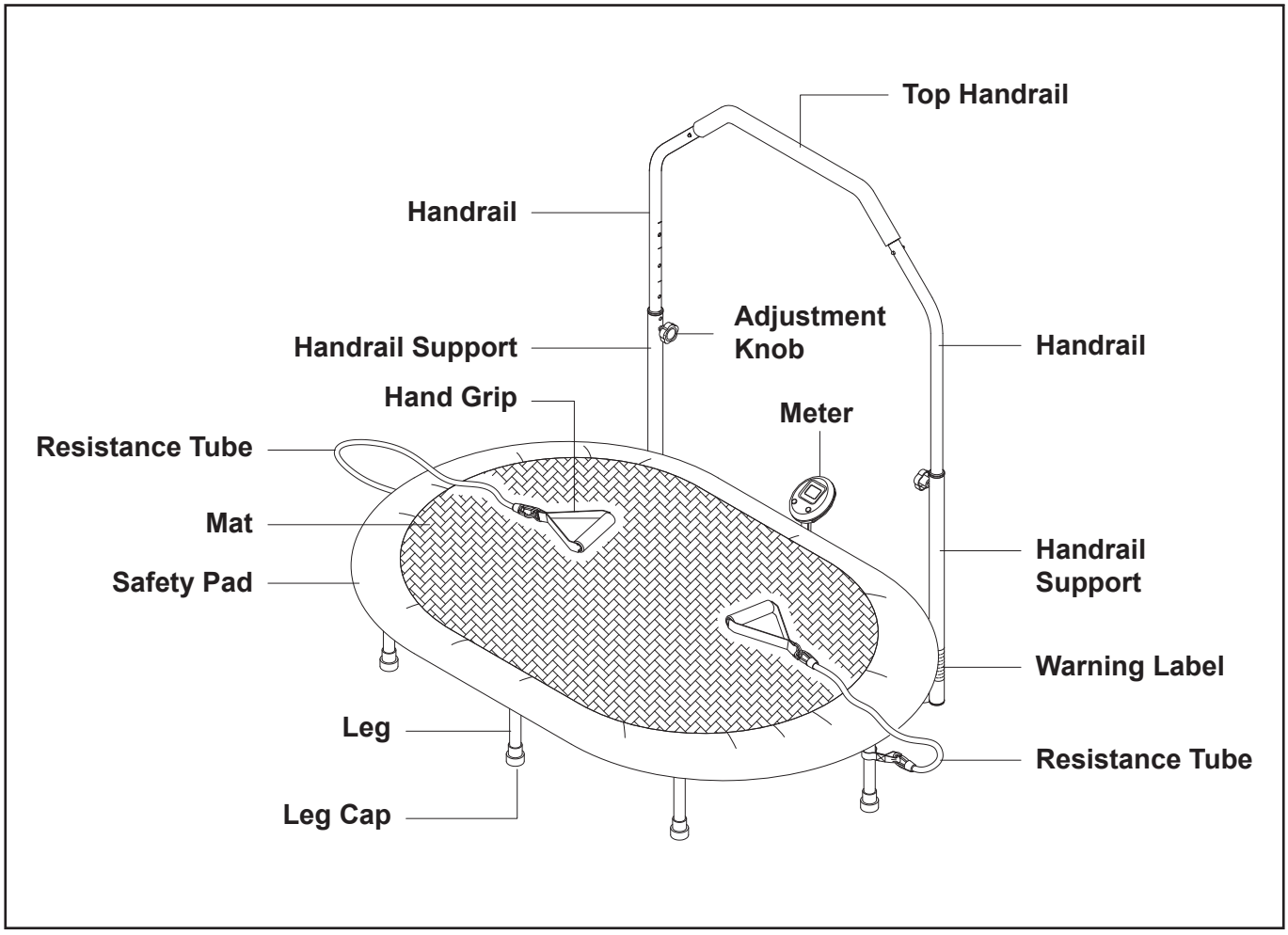
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **STAMINA® Oval Jogger.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **STAMINA® Oval Jogger,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts. com to the Services section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA® Oval Jogger.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

W1 **WARNING LABEL(29)**

⚠WARNING

Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed. Do not allow more than one person on the trampoline. Use by more than one person at the same time increases the chance of injury. Use trampoline only with mature, knowledgeable supervision.

Keep others including children & pets away from equipment when in use.
Misuse and abuse of this trampoline is dangerous. Failure to comply with these warnings could result in serious injury or death. Read all warnings and instructions prior to useing the trampoline. Replace this warning label if damaged, illegible, or removed.
BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.
Make sure all nuts and bolts are tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual.

W2 **HAZARD LABEL(30)**

⚠ *WARNING!*

- **PREVENT serious INJURY or DEATH.**
- **Rails can SPRING back and STRIKE someone.**
- **ALWAYS fold and unfold carefully with TWO or more STRONG people.**

W3 **WARNING DECAL(31)**

⚠WARNING!

Secure pins must be installed before unfolding and folding product. Always use two or more strong people to fold or unfold the product. Product can spring back during assembly. Failure to follow the assembly instructions and warnings can result in serious injury.

ASSEMBLY INSTRUCTIONS

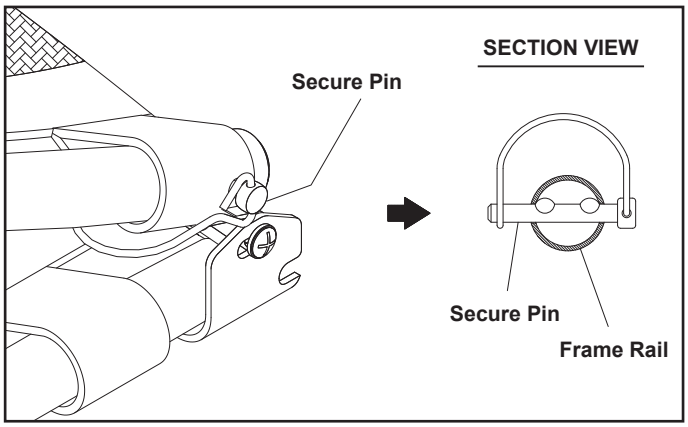
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts. com to the Services section and order the part needed, e-mail us at customerservice@ staminaproducts. com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

⚠ WARNING

1. **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® OVAL JOGGER. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
2. **Keep children away from the STAMINA® Oval Jogger during assembly.**
3. **Keep fingers away from the ends of the rails in the hinge area when unfolding the STAMINA® Oval Jogger. The STAMINA® Oval Jogger will snap into the unfolded position. Serious injury can occur if fingers are caught between the ends of the RAILS.**
4. **The SAFETY PAD(4) must be installed before using the STAMINA® Oval Jogger.**

NOTE :

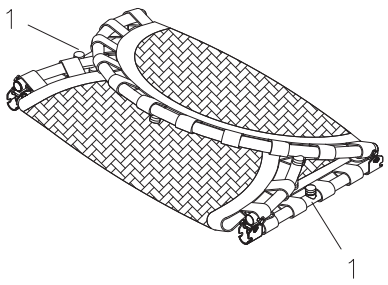
BEFORE assembly, verify that the **SECURE PINS(9)** are properly inserted into the Frame Rail. The two protrusions must be assembled inside the Frame Rail as shown in the SECTION VIEW of the illustration. Otherwise, it could damage the **SECURE PINS(9)** during assembly Step 2.



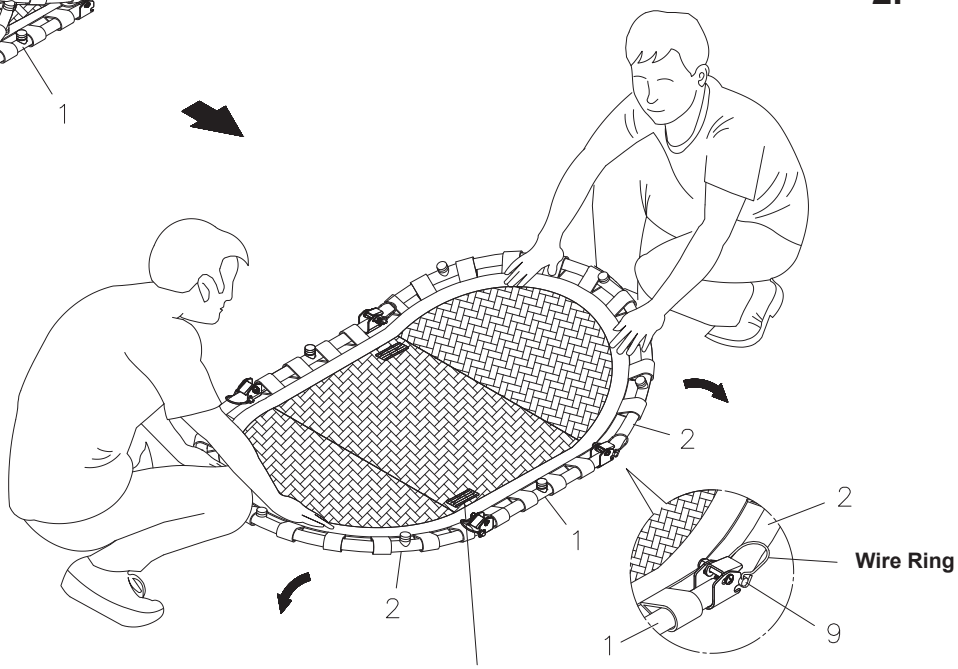
ASSEMBLY INSTRUCTIONS

STEP 1
Lay the trampoline on the floor. The trampoline will appear as shown in illustration 1.

1.



2.



Hazard label on trampoline surface reads as follows:

⚠ WARNING!
- PREVENT serious INJURY or DEATH.
- Rails can SPRING back and STRIKE someone.
- ALWAYS fold and unfold carefully with TWO or more STRONG people.
- Do NOT remove this tag.

STEP 2
NOTE: Make sure the **SECURE PINS(9)** are inserted into the ends of **RAILS(1, 2)** and properly secured by the Wire Ring. Both ends of the **SECURE PINS(9)** should have approximately 1/8 inch between the **RAILS(1, 2)** and the Wire Ring. Refer to illustration 2.

STOP!

⚠ WARNING

- **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® OVAL JOGGER. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
- Keep fingers away from the ends of the rails in the hinge area when unfolding the **STAMINA® Oval Jogger.** Serious injury can occur if fingers are caught between the ends of the **RAILS**.

To unfold the **STAMINA® Oval Jogger** to the flat position, hold the **SEMICIRCLE RAILS(2)** and push the rails down at the same time. The **SEMICIRCLE RAILS(2)** and **RAILS(1)** should snap together and be locked by the **SECURE PINS(9)** when you reach the flat position. Refer to illustration 2.

ASSEMBLY INSTRUCTIONS

STEP 3

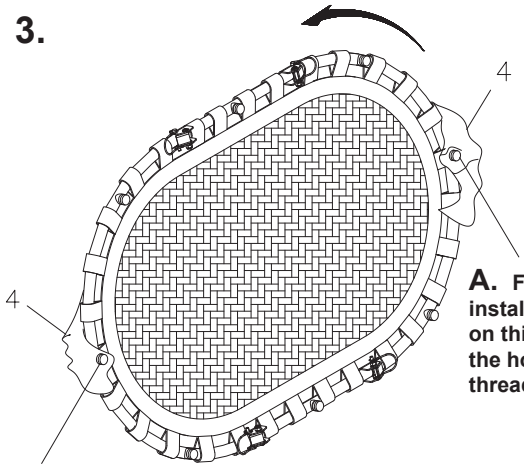
Slide the **SAFETY PAD(4)** over the rail frame. Make sure the holes in **SAFETY PAD(4)** fit over the threaded connectors properly. Refer to illustration 3.

HINT : Install one hole over a threaded connector. The next hole installed should be on the connector on the opposite side of the trampoline.

STEP 4

Screw the **LEGS(5)** onto the threaded connectors on the rail frame.

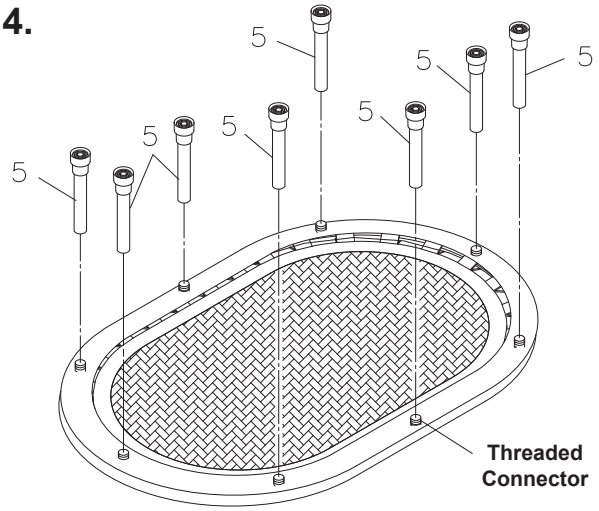
3.



A. **First step, install the Safety Pad(4) on this end being sure the hole fits over the threaded connector.**

B. **Second step, install the Safety Pad(4) on the opposite end being sure the hole fits over the threaded connector.**

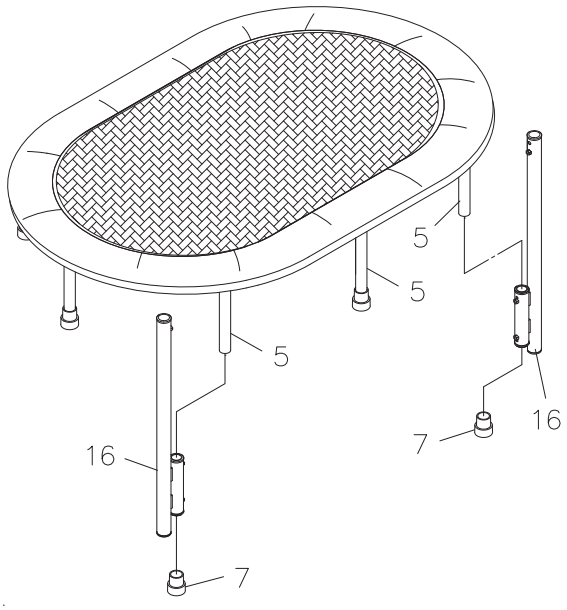
4.



STEP 5

Place the trampoline in the normal use position. Remove the **LEG CAPS(7)** from the two **LEGS(5)** as shown in illustration 5. Slide the **HANDRAIL SUPPORTS(16)** onto the **LEGS(5).** Press the **LEG CAPS(7)** back on the **LEGS(5).**

5.



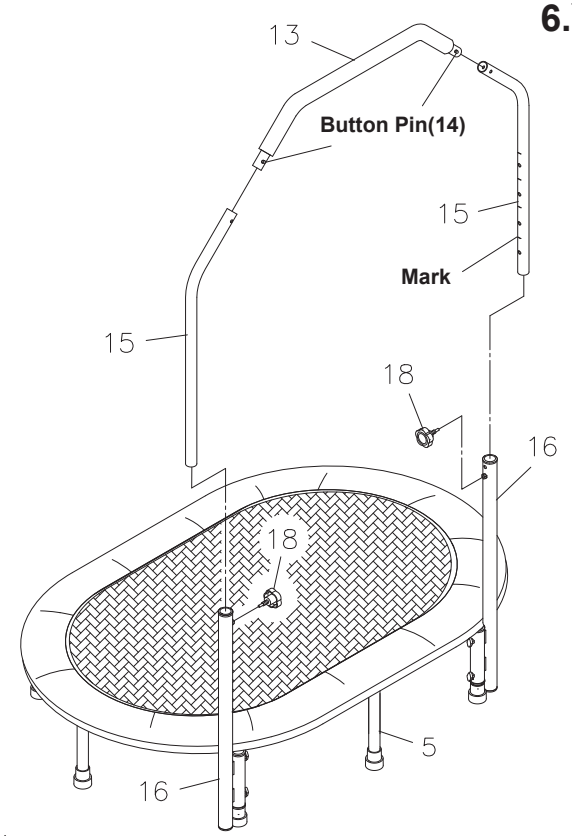
ASSEMBLY INSTRUCTIONS

STEP 6

Insert both ends of the **TOP HANDRAIL(13)** into the **HANDRAILS(15)** and lock with the **BUTTON PINS(14).** Insert the **HANDRAILS(15)** into the **HANDRAIL SUPPORTS(16)** and lock in position with the **ADJUSTMENT KNOBS(18).**

NOTE: There are marks on the **HANDRAILS(15)** to help to set the height of the handrail.

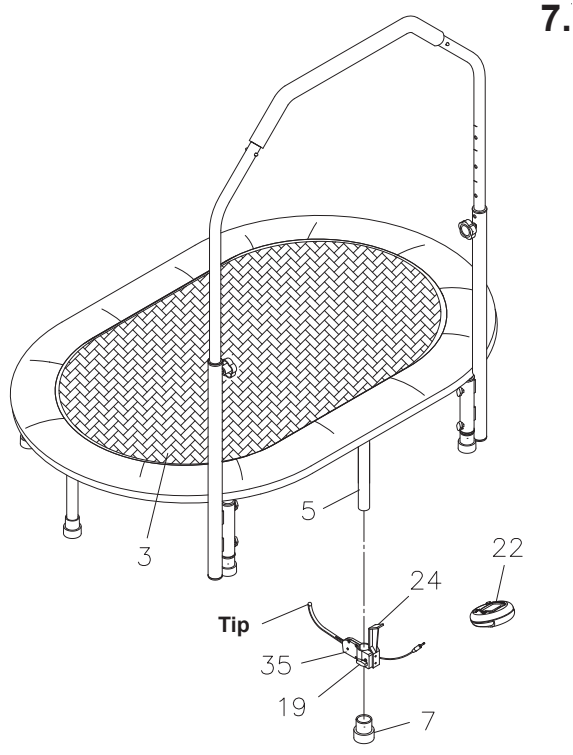
6.



STEP 7

Remove the **LEG CAP(7)** from the **LEG(5)** as shown in illustration 7. Loosen the **LOCKING KNOB(19)** on the **SENSOR DETECTOR(35)** to allow the **LEG(5)** to slide through the hole in the **SENSOR DETECTOR(35).** Slide the **SENSOR DETECTOR(35)** on the **LEG(5)** and slide up until it touches the rail frame. Adjust the position of the **SENSOR DETECTOR(35)** so that the tip is slightly touching the bottom of the **MAT(3).** Be sure the **SENSOR DETECTOR(35)** is not pressed firmly against the bottom of the mat or bent downward. If it is not adjusted correctly, there is a chance that the **SENSOR DETECTOR(35)** won't work properly or that the arm will break during use. Lock the **SENSOR DETECTOR(35)** in position with the **LOCKING KNOB(19).** Press the **LEG CAP(7)** back on the **LEG(5).**

7.



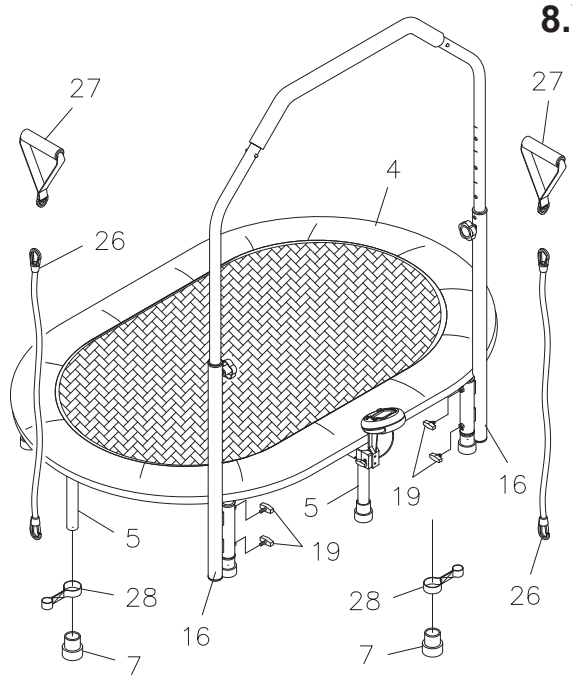
STEP 8

Install an AA battery into the **METER(22),** battery is not included. See page 14 for detailed battery installation instructions. Slide the **METER(22)** onto the **MOUNTING BRACKET(24).** Plug the sensor wire on the **SENSOR DETECTOR(35)** into the back of the **METER(22).**

ASSEMBLY INSTRUCTIONS

STEP 9: Remove the **LEG CAPS(7)** from the two **LEGS (5)** as shown in illustration 8. Slide the **STRAP LOOPS(28)** on the **LEGS(5).** Press the **LEG CAPS(7)** back on the **LEGS(5).** Hook the **RESISTANCE TUBES(26)** to the **STRAP LOOPS(28).** Hook the **HAND GRIPS(27)** to the other ends of the **RESISTANCE TUBES(26).**

8.



STEP 10: Stand on the trampoline to make all the **LEGS(5)** and the **HANDRAIL SUPPORTS(16)** sit flat on the floor. Install and tighten all four **LOCKING KNOBS(19)** to lock the **HANDRAIL SUPPORTS(16)** in position.

⚠ WARNING The **SAFETY PAD(4)** must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in the illustration.

STEP 11
Post the **USE INSTRUCTIONS SIGN(32)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(32)** shall be placed such that it will be readily visible to the intended viewer.

INSTALLATION INSTRUCTIONS

1. Adequate overhead clearance is essential. When using your **STAMINA® Oval Jogger,** be sure to provide clearance for ceiling height, ceiling lights, ceiling fans, wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
3. Place the trampoline on a level surface.
4. Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline.
7. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

CARE AND MAINTENANCE

Inspect the **STAMINA® Oval Jogger** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes in the bed, elastic bands, or frame padding.
3. Inspect the resistance tubes for nicks and cuts. Replace damaged resistance tubes.
4. Deterioration in the stitching or fabric of the bed or frame padding.
5. Ruptured or damaged elastic bands.
6. A bent or broken frame.
7. A sagging bed.
8. Sharp protrusions on the frame or suspension system.

STORAGE AND FOLDING INSTRUCTIONS

The **STAMINA® Oval Jogger** can be folded as illustrated for easy storage. Please see the following steps:

⚠ WARNING

- **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® OVAL JOGGER. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
- **Remove the SAFETY PAD(4) before folding the trampoline for storage. Failure to remove the pad will result in damage to the pad.**
- **To avoid damage to the electronics meter, remove the battery before storing the STAMINA® Oval Jogger for one year or more.**
- **Be very careful not to damage the sensor wire when removing the METER(22) and the SENSOR DETECTOR(35).**

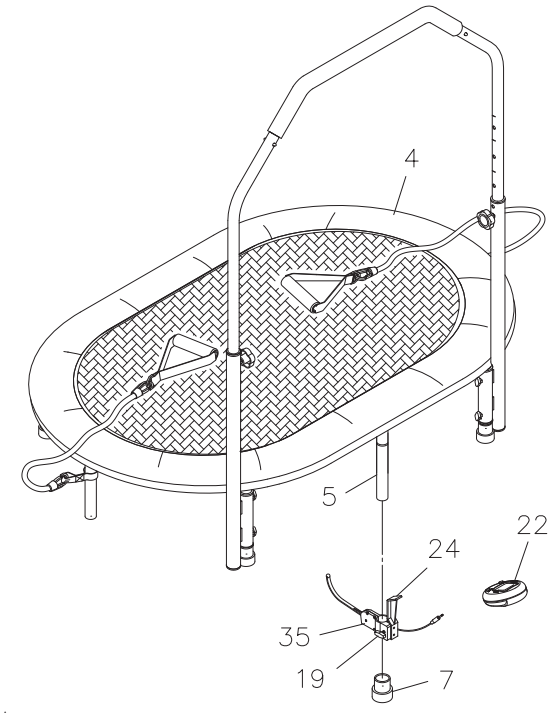
STEP 1

Unplug the sensor wire from back of the **METER(22).** Remove the **METER(22)** from the **MOUNTING BRACKET(24).** Remove the **LEG CAP(7)** from the **LEG(5)** as shown in illustration Step 1. Unscrew the **LOCKING KNOB(19)** and remove the **SENSOR DETECTOR(35)** from the **LEG(5).** Press the **LEG CAP(7)** back on the **LEG(5).**

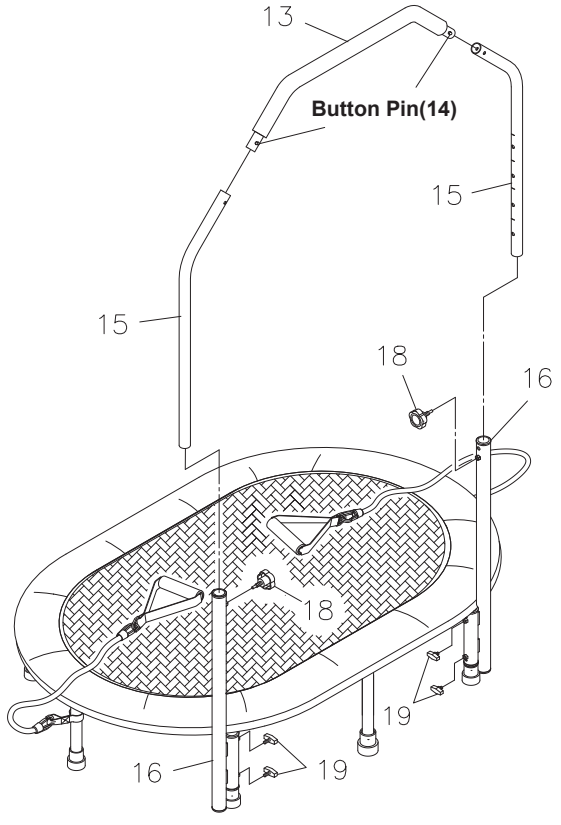
STEP 2

Unscrew the **LOCKING KNOBS(19)** on the legs of the **HANDRAIL SUPPORTS(16).** Remove the **ADJUSTMENT KNOBS(18).** Pull out the **HANDRAILS(15)** from the **HANDRAIL SUPPORTS(16).** Push down the **BUTTON PINS(14)** to remove the **HANDRAILS(15)** from the **TOP HANDRAIL(13).**

Step 1



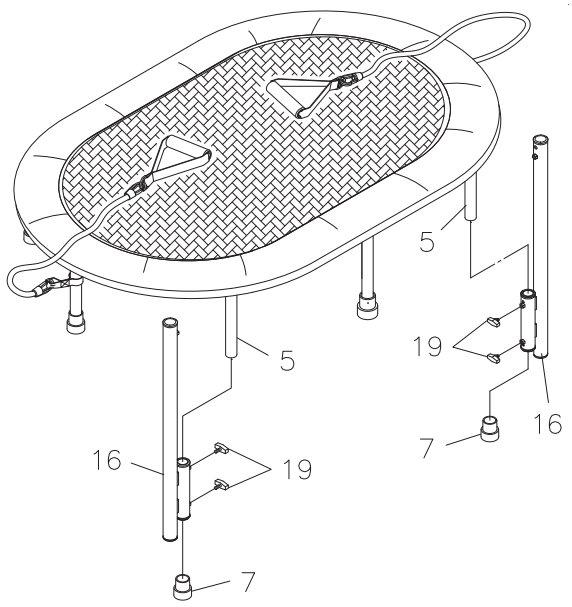
Step 2



STORAGE AND FOLDING INSTRUCTIONS

Step 3

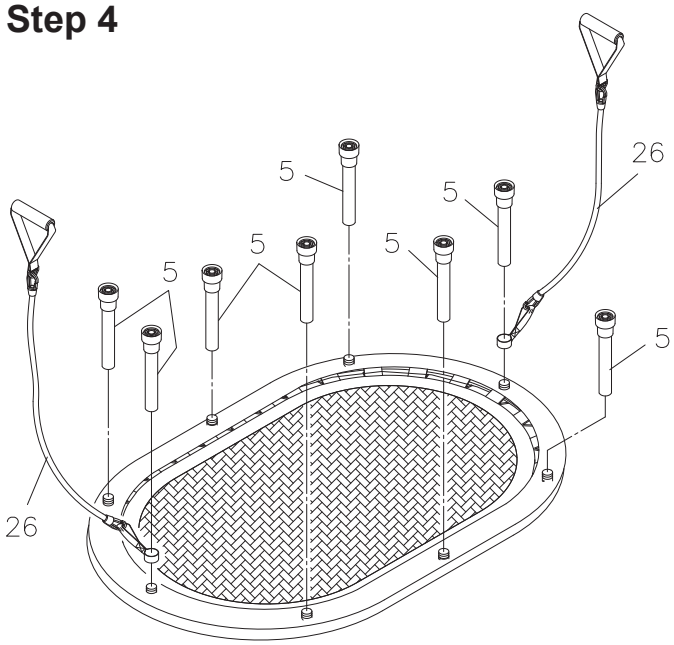
STEP 3
Remove the **LEG CAPS(7)** from the two **LEGS(5)** with **HANDRAIL SUPPORTS(16).** Slide the **HANDRAIL SUPPORTS(16)** off the **LEGS(5).** Press the **LEG CAPS (7)** back on the **LEGS(5).** Screw the **LOCKING KNOBS(19)** back into the **HANDRAIL SUPPORTS(16).**



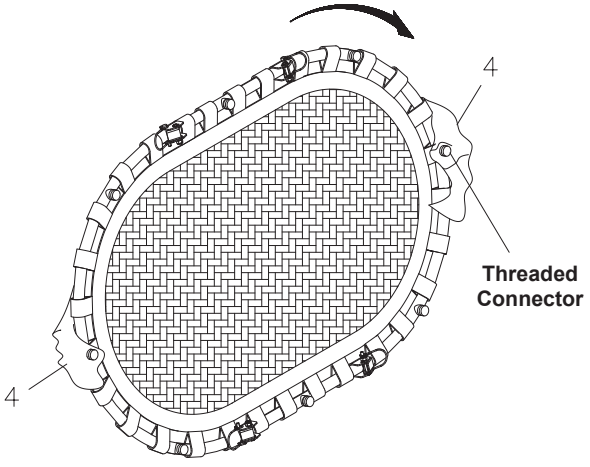
STEP 4
Unscrew the **LEGS(5)** from the trampoline and remove the **RESISTANCE TUBES(26).**

STEP 5
Remove the **SAFETY PAD(4)** from the frame. After the **SAFETY PAD(4)** is removed, place the trampoline on the floor with the threaded connectors pointing up.

Step 4



Step 5



The safety pad must be removed before folding the trampoline.

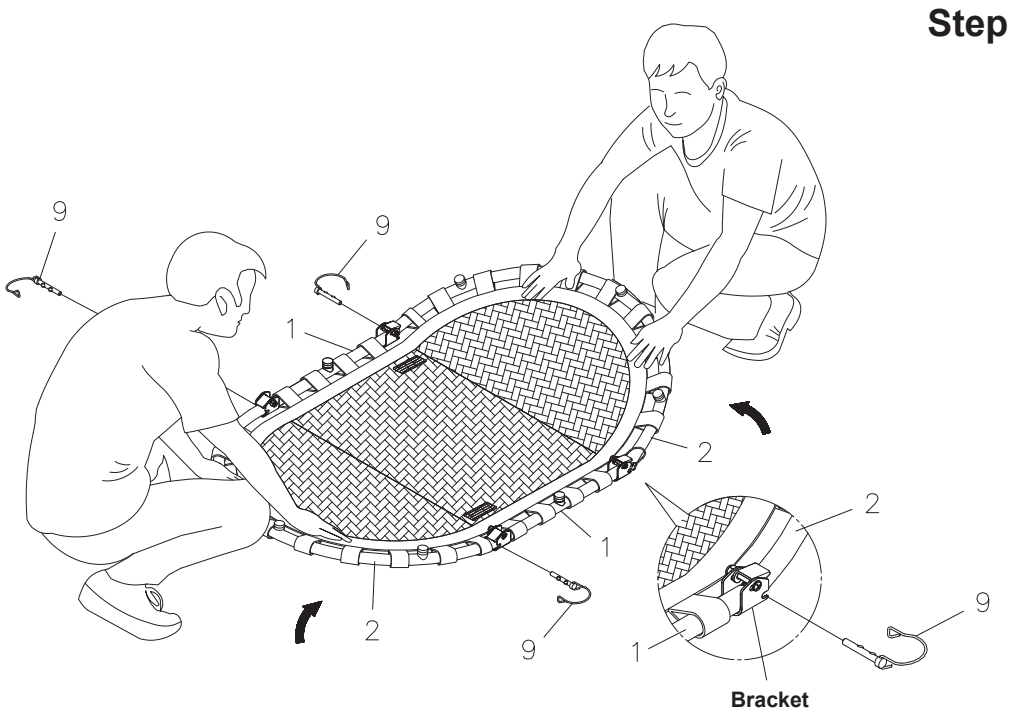
STORAGE AND FOLDING INSTRUCTIONS

STOP! ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® OVAL JOGGER. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.

STEP 6

To prevent the trampoline from snapping into the folded position, push the **SEMICIRCLE RAILS(2).** Unhook the Wire Ring from the four **SECURE PINS(9).** Turn the pins to a flat position and remove them. With two people each grasping a **SEMICIRCLE RAIL(2),** fold the **SEMICIRCLE RAILS(2)** upward so they fold at the **BRACKETS** as shown in illustration Step 6.

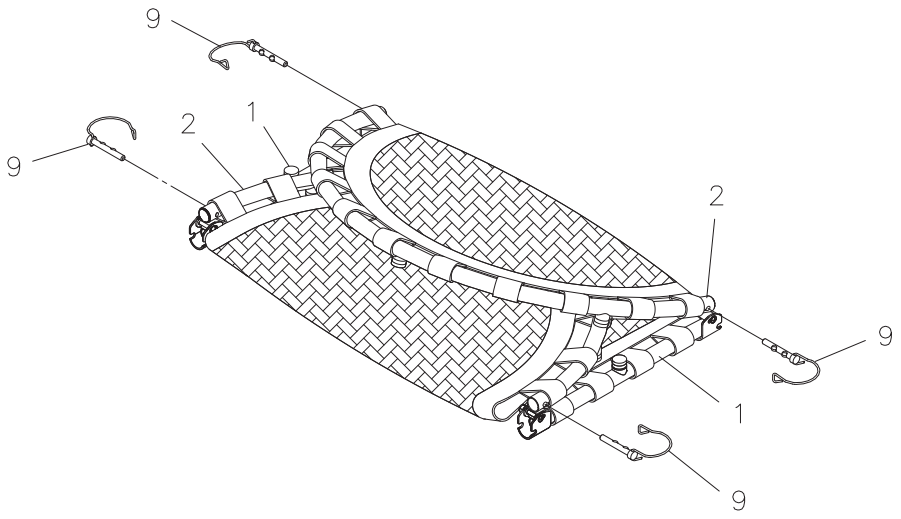
Step 6



STEP 7

Refer to illustration Step 7. Set the position of the **SECURE PINS(9)** as shown. Fold the **SEMICIRCLE RAILS(2)** toward the center of the mat and insert the **SECURE PINS(9)** back to the **SEMICIRCLE RAILS(2).** Hook the Wire Rings onto the ends of the pins from the bottom of the **SEMICIRCLE RAILS(2).**

Step 7



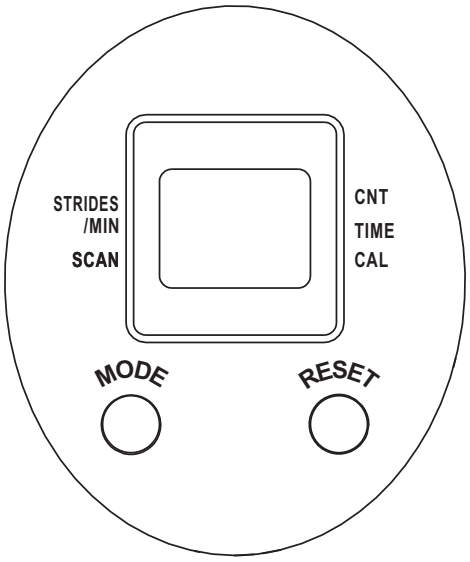
USE INSTRUCTIONS

USING THE RESISTANCE TUBES

1. Use with **HAND GRIPS(27)** during your workout or while standing stationary on the **STAMINA® Oval Jogger.**
2. Clip one end of each **RESISTANCE TUBE(26)** to the **STRAP LOOPS(28)** located on the legs of either side of the trampoline and hook the **HAND GRIPS(27)** to the other ends of the **RESISTANCE TUBES(26).**
3. The **RESISTANCE TUBES(26)** are detachable so they can be used alone without the **STAMINA® Oval Jogger** for total body strength training just as the **STAMINA® Oval Jogger** can be used without the **RESISTANCE TUBES(26).**

NOTE: Inspect the resistance tubes for nicks and cuts before each use. Replace damaged resistance tubes.

USING THE FITNESS METER



POWER ON : Bounce on the trampoline or press any button.
POWER OFF : Automatic shut off after four minutes of inactivity.

FUNCTION BUTTONS:

MODE : Press to select the function of the lower readout.
RESET : To reset all functions to zero.

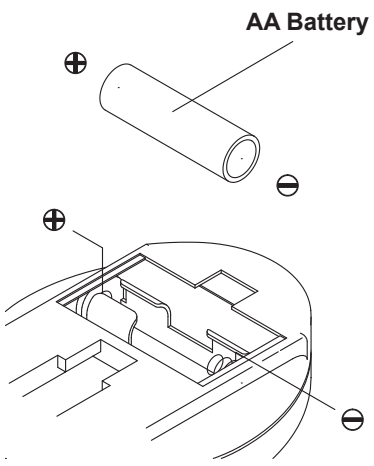
FUNCTIONS:

COUNT : Upper readout displays the total number of strides you have taken from zero to 9999 strides.
SCAN: Automatically scans each function of **TIME, CALORIE, STRIDES/MIN** in sequence with change every six seconds.
TIME: Displays the workout time from one second up to 99:59 minutes.
STRIDES/MIN: Displays the rate of strides per minute.
CALORIE: Displays the calorie consumption from zero to 9999 cal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

NOTE:
1. The meter will stop counting time automatically after six seconds of inactivity. All function values will be kept. Restart the meter by bouncing on the trampoline or press any button.
2. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the RESET button to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with an AA battery, the battery is not included. Refer to the illustration to install or replace the batteries.



NOTE:

1. Rechargeable batteries are not recommended.

USE INSTRUCTIONS

⚠ WARNING ⚠

1. **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® OVAL JOGGER. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
2. Do not attempt or allow somersaults. Serious injuries, paralysis, or death may result.
3. Do not allow more than one person on the trampoline at a time.
4. Use trampoline only with mature, knowledgeable supervision.
5. Trampoline is not a toy, it is for use by adults only.
6. Inspect before use. Keep frame padding in place.
7. Climb on and off the trampoline. Do not use the trampoline as a springboard.
8. Stop bounce by flexing knees as feet come in contact with the bed.
9. Learn fundamental bounces and body positions thoroughly.
10. Avoid bouncing too high. Maintain control.
11. While keeping the head erect, focus eyes on the trampoline toward the perimeter.
12. Bounce in the center of the bed.
13. Avoid bouncing when tired.
14. Secure the trampoline against unauthorized use.
15. Keep objects away which could interfere with the performer.
16. Do not use the trampoline while under the influence of alcohol or drugs.
17. For equipment information, contact the manufacturer.
18. For skill training, contact a trainer certification organization.
19. Do not use when trampoline is wet or in windy conditions.
20. Read instructions before use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

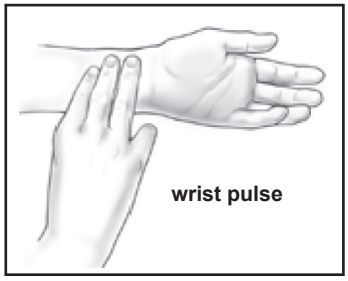
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

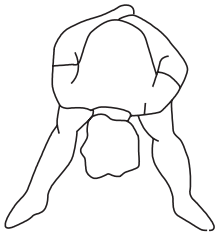
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

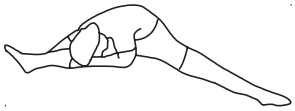
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

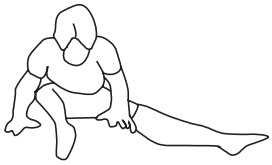
Suggested Stretching Exercises

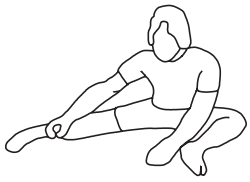


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

WORKOUT GUIDE

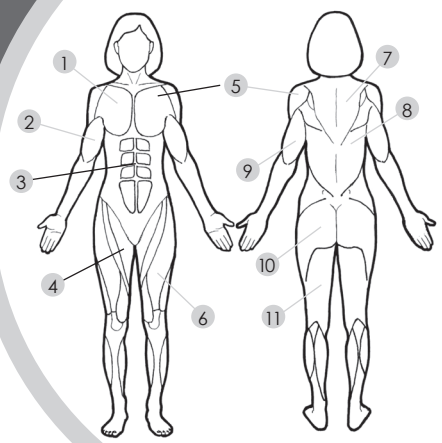
OVAL JOGGER

The Oval Jogger is one of the most effective low impact workouts that you will ever do. Your Oval Jogger workouts will help you become more functional and physically fit while at the same time help you reshape your body.

As with any exercise routine, it's important to begin by warming up your body and most specifically the muscles you are planning to exercise. You may want to start with slow marching, jogging, or bouncing. Use the handle bar for stability. Simply march, jog, or bounce lightly in place on the Oval Jogger for about 5 minutes. As you warm up, begin jogging faster, raising your knees higher, or try skiing or jumping jacks. Work out at a higher intensity for at least 20 minutes for best results. For interval training, jump at a higher intensity for 30 seconds to a minute between other exercises shown here.

Actual product may vary slightly from the one pictured.
Before exercising, consult a physician.
Warm-up properly before starting any routine.
Cool down completely before ending a workout.

WORKS THESE MUSCLE GROUPS



1. Pectorals
2. Biceps
3. Abdominals
4. Adductor
5. Deltoid
6. Quadriceps
7. Trapezius
8. Latissimus Dorsi
9. Triceps
10. Gluteals
11. Hamsting

SKIING

While holding handlebar or resistance tubes, stand with your feet together. Jump up and point the toes of both feet and knees to the left. Land, and jump up pointing toes and knees to the right. Continue to alternate sides.

JUMPING JACKS

While holding handlebar or resistance tubes, jump alternating feet together, feed wide, feet together, etc.

WIDE STANCE SWEEP

Grasp the handles with thumbs up, feet in wide stance. Squat and press the right arm forward and up. Alternate arms by pressing the left arm forward and up. Repeat 10 times with each arm.

LATERAL RAISE

With a tube handle in each hand, cross the tubing in front of your body with thumbs facing forward, arms at sides. Raise your arms out from sides to shoulder height. Repeat 10 times.

MILITARY PRESS

With knees bent, grasp the handles with palms up, press arms up overhead. Repeat 10 times.

OVAL JOGGER

BICYCLE

Lie on your back with hands behind your head. Tighten your abdominals to raise upper body, twist to side, touching elbow to opposite raised knee, then twist to the opposite side. Repeat 10 times on each side.

TRICEP KICKBACK

Stand facing the handlebar. Anchor the tubes under your feet, and grasp the handles with thumbs up. Extend your arms backward to full extension while you tighten your abdominal muscles to support and hold your body in place. Repeat 10 times.

SEATED KNEE RAISE

Sit on the mat with your hands slightly behind your hips for support, knees bent with legs at tabletop position. Tighten your abdominals and bend your legs, pulling knees toward chest. Repeat 10 times.

BICEP CURL

Stand facing the handlebar. Grasp the handles with palms facing forward and anchor the tubes under your feet. Start with arms at your sides, palms facing forward. Squeeze with your biceps as you bring your palms to your shoulders keeping elbows at your sides. Return to starting position. Repeat 10 times.

REVERSE CRUNCH

Lie on your back and grasp the frame of the trampoline above your head. Lift your legs with feet toward the ceiling, knees slightly bent. Tighten your abdominal muscles, pulling your belly button toward your spine, to create a 'C' curve to raise knees and buttocks 2-3 inches off of the mat. Repeat 10 times.

PLIE SQUAT WITH STAR ARMS

Face the handlebar in plie stance, squat with arms reaching forward, thumbs up. Lift and raise arms up and out while you straighten your legs. Return to starting position. Repeat 10 times.

OVAL JOGGER

TRICEPS OVERHEAD EXTENSION

Grasp the tube handles behind your head, elbows by your ears. Begin with thumbs down. Straighten your arms rotating to palms forward. Repeat 10 times.

BALLET LEG LIFTS (FORWARD AND REAR)

Stand facing sideways with the handlebar on your left side. Hold the handle bar in your left hand. Stand on your left leg and raise your right leg up in front of you. Repeat 10 times on each side. Repeat 10 more times on each side lifting leg behind you. Face opposite direction when changing legs to ensure your stabilizing leg remains close to the handlebar.

ROMAN DEAD LIFT

Stand facing sideways with the handlebar on your left side, hold the handle bar with your left hand for balance and stand on your left leg. Bend forward from hips to touch your hand to the tramp bed while lifting your right leg, then return to starting position. Keep your back neutral and standing knee soft. Repeat 10 times on each side. Face opposite direction when changing legs to ensure your stabilizing leg remains close to the handlebar.

UPRIGHT ROWS

Grasp the handles with palms toward you, hands close together so thumbs are almost touching. Anchor the tubes under your feet. Raise your hands toward your chin, elbows out. Return to starting position. Repeat 10 times. As an alternative, lean forward in wide stance. Pull your elbows back, squeezing your shoulder blades together. Repeat 10 times.

LIMITED WARRANTY

MODEL 35-1699A

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

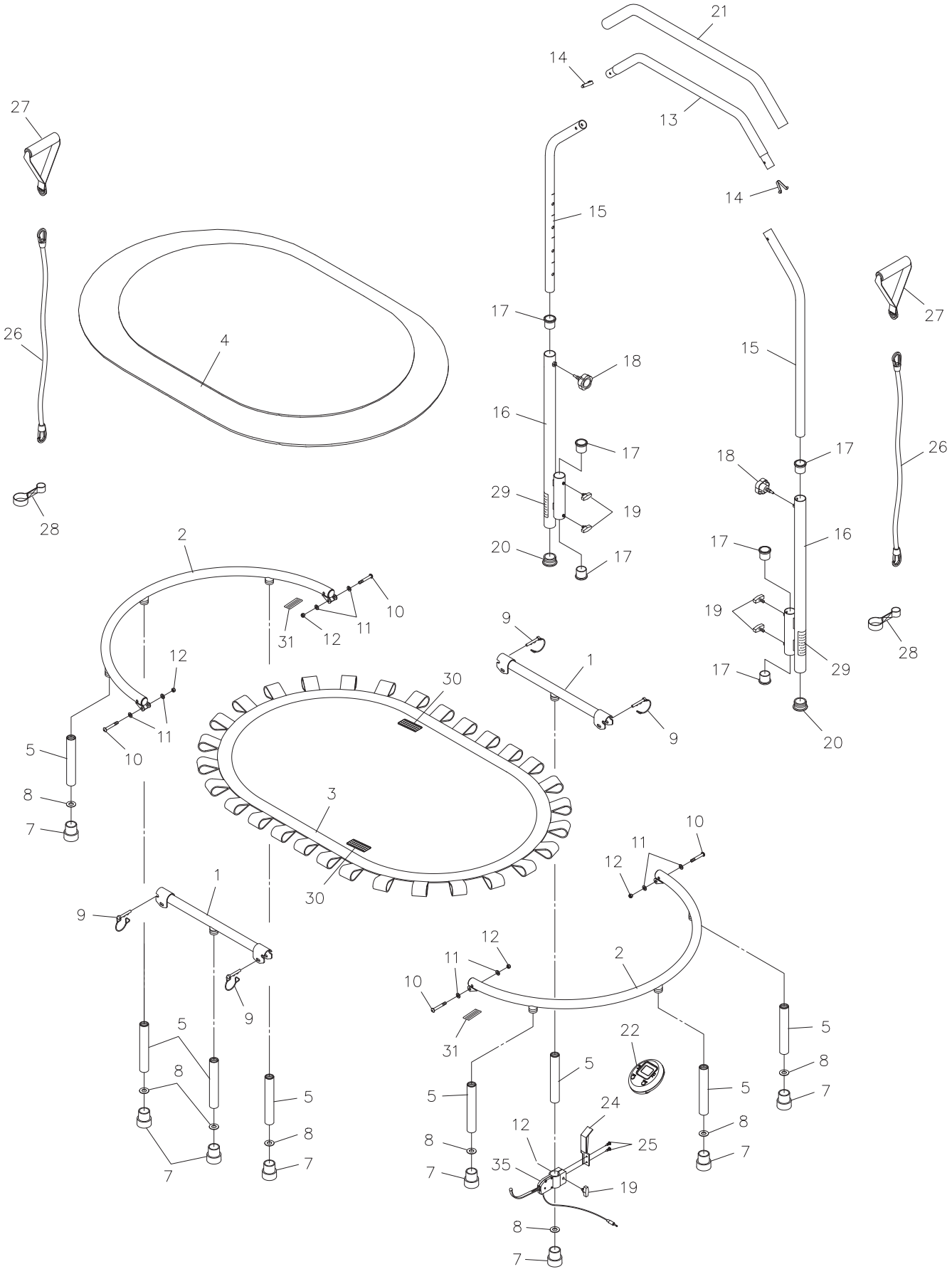
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@ staminaproducts. com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Rail	2
2	Semicircle Rail	2
3	Mat	1
4	Safety Pad	1
5	Leg	8
7	Leg Cap	8
8	Cap Washer	8
9	Secure Pin	4
10	Bolt, Round Head (M6 x 1 x 42mm)	4
11	Washer (M6)	8
12	Nylock Nut (M6 x 1)	4
13	Top Handrail	1
14	Button Pin	2
15	Handrail	2
16	Handrail Support	2
17	Bushing	6
18	Adjustment Knob	2
19	Locking Knob	5
20	Round Plug (31.8mm)	2
21	Foam Grip	1
22	Meter	1
24	Mounting Bracket	1
25	Screw, Round Head (M3 x 10mm)	2
26	Resistance Tube	2
27	Hand Grip	2
28	Strap Loop	2
29	Warning Label	2
30	Hazard Label	2
31	Warning Decal	2
32	Use Instructions Sign (Not Shown)	1
33	Manual	1
34	Workout DVD	1
35	Sensor Detector	1

NOTES

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice @ staminaproducts. com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts. com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts. com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts. com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1